SilverSneakers Yoga
Master Class Choreography

Introductions and greetings
Pre class instruction:
- "Listen to your body"
- "Follow all physician's directives"
- "Let go of judgment and competition"

Breathing Exercises:
(Seated)
1. Acknowledgement of the breath
2. Abdominal Breathing
3. Equalizing Breath

Warm-Up:
(Seated)

1. Shoulder Vinyasa:
    a. Shoulder shrugs
    b. Shoulder rolls
2. Upper Body Vinyasa:
    a. Chest expansion: Hands at Heart Center. Inhale, open arms wide, exhale hands to Heart Center.
    b. Arm circles: Hands at Heart Center. Inhale, sweeping arms forward and up. Exhale, circle arms wide, bringing hands to Heart Center.
    c. Wrist circles: Hands to Heart Center. Inhale, rolling index fingers together, reaching fingers away from the body. Exhale, rolling pinky fingers together, reaching fingers toward the body.
3. Lower Body Vinyasa:
    a. Knee to chest: Inhale, reach arms forward and up, exhale with "cat" back and knee to chest.
    b. Hip ab/adduction: Inhale and step wide ("get out of your car"), exhale and step center.
    c. Active Airplane pose: Inhale, heart forward, palms face the floor, reach arms back. Exhale, seated Mountain Pose.
4. Active Twist: Inhale, lengthen spine in Mountain Pose, exhale, rotate right. Inhale and lengthen spine in Mountain Pose. Exhale and rotate left.
5. Seated Cat/Cow: Inhale, lengthen spine, draw elbows back and lift the chest. Exhale, round the spine pulling abdominals in and tucking the chin to the chest.

Get water – PE Check

Muscular Endurance and Balance Segment:

1. Ankle rotations: Trace the outside of the right foot on the floor. Repeat left

(Transition to standing. Step to side of chair)

2. Mountain Pose

3. Sagittal balance with Chair Pose Vinyasa:
    a. Inhale, step forward on the right foot, sweeping arms forward into sagittal balance. Exhale and step back to Mountain Pose
    b. Inhale and step right food wide. Keeping chest lifted, sit back into Chair Pose. Exhale and step center to Mountain Pose.

4. Chair Pose: Option - Balancing Chair

5. Lateral Bending: Inhale and reach right arm up/left arm down. Exhale hands to Heart Center. Repeat.

6. <u>Horse Pose/Sun God</u>: Step wide with toes turned out. Inhale and lift arms at sides. Exhale and bend knees. Inhale and straighten legs. Exhale and "heel-toe" walk the feet to Mountain Pose. Option Sun God with elbow flexion/extension.

7. <u>Airplane Pose</u> with <u>Chest Expansion</u> Yinyasa: inhale and step wide. Exhale to <u>Airplane</u> Pose. Inhale to <u>Mountain</u>. Exhale to <u>Chest Expansion</u>. Inhale and draw knee to chest to balance. Exhale to <u>Mountain Pose.</u>

(Standing behind chair)

8. <u>Wide legged forward fold</u>

9. <u>Warrior 2</u>: Inhale and straighten front leg. Exhale and bend front knee. Hold for 3 breaths.

10. <u>Triangle</u>: Hold for 3 breaths.

11. <u>Tree pose</u>: Hold for 3-5 breaths. Repeat poses 8 through 10 on opposite side.

12. <u>Downward Facing Dog</u>

Get water – PE Check

Deeper Stretching
(Seated))

1. <u>Mountain Pose</u>

2. <u>Seated Lunge</u>: Hold 3-5 breaths.

3. <u>Chair Twist</u>: Hold 3-5 breaths.

4. <u>Pyramid</u>: Hold 3-5 breaths.

5. Shin/Heel stretch: From Pyramid, point toes to floor, stretching shin. "Scrape the bottom of the shoe," bringing heel slightly under chair.

6. <u>Pigeon Pose</u>: ("Tie your shoe.") Hold 3-5 breaths.

7. <u>Eagle pose</u>: Hold 3-5 breaths.

8. <u>Chest Expansion</u>: Hands to back of chair. Bring heart slightly forward, drawing shoulders down. Repeat poses 1 through 8, switching sides.

9. Ankle rotation/dorsiflexion/plantar flexion: Outline the edge of your shoes. Lift toes. Lift Heels.

10. Wrist circles: Make soft fists and circle wrists. Reverse directions.

11. Hand stretches: Inhale and spread fingers wide. Exhale and draw fingers toward wrist.

12. Face stretches: Open mouth and say "Ahh." Tighten lips and "eat something sour."

Final Relaxation

1. Breathing
   a. Lengthened exhalation

2. Mindfulness practice: "Let thoughts pass through the mind like clouds in the sky."

3. Set an intention. Namaste.

Get Water – Final PE Check